

How to use Mealsizer®

The vegetable measure (the largest measure)

- Raw or cooked vegetables (cooked/fried/woked/oven-baked). Preferably varied – e.g. not just corn.
- Should not be filled with, e.g. pasta salad or other mixtures that contain other than vegetables.
- Avoid dressing and frying fat.
- **The only measure you can take a refill of, if you are still hungry.**



The carbohydrate measure (the mid-sized measure)

- For example, potatoes, pasta, rice, bulgur or couscous (cooked form).
- **No refill – only one scoop.**



The protein measure (the smallest measure)

- For example, beans/lentils, meat, chicken, fish sausages, quorn, cheese, eggs, soy products or cottage cheese.
- Also used for mixed dishes such as stews, minced meat sauce and wok.
- Also used for breaded fish.
- **No refill – only one scoop.**



How about sauce?

- Max 0.5 protein measure sauce
- Ketchup, sweet chili sauce, soy, etc. are counted as flavouring and not as sauce (max 1 tbsp).

The measures should not be heaped, fill up only to the rim.



Other dishes:

1 portion of **fish gratin**, or any other kind of mixed protein gratin (about 225 g) + vegetable measure

1 portion of **lasagne** (about 225 g) + vegetable measure

3 thin **pancakes** + 1 tbsp of jam + vegetable measure

3 **American pancakes** + 1 tbsp of jam + vegetable measure

1 plate (2.5 dl/1cup) of **soup** + 1 crispbread sandwich with a thin layer of margarine, if necessary. Possibly 1 slice of cheese/ham + vegetable measure

1 **hamburger** (90 g) with hamburger bread, 1 tbsp of ketchup, 1 tsp mustard, 1 tsp hamburger dressing + vegetable measure

3 dl **hash** (vegetable measure filled), 1 egg, 5 slices of pickled beets + vegetable measure

2 **sausages** with sausage bread, 1 tbsp of ketchup, mustard + the vegetable measure

4-5 **falafel** balls + 1 whole pita bread (or 2 halves) + 1-2 tbsp humus or/and yogurt sauce + vegetable measure

8-10 pieces of **sushi**

2 **crepes**

Tacos/Fajitas

1 soft large tortilla bread/2 mid-sized bread or 2 hard shells

Tomato salsa

Max 0.5 protein measure of sour cream (12%)

2 tbsp shredded cheese

100 g minced meat/vegetarian alt. (protein measure filled)

Vegetables e.g. cucumber, tomato, lettuce, corn, onion

Recipe on ketchup:

3 dl (1.2 cup)
tomato puree
4 tsp honey
1 tsp onion powder
½ tsp salt
2.5 tbsp white wine vinegar
2.5 tbsp water
1 tsp sugar replacement



1. Combine the ingredients in a saucepan and simmer for about 20 minutes while stirring.
2. Allow to cool before serving. Can be kept for a few weeks if stored tightly sealed in the fridge.

Sugar free jam:

200 g berries
2 tbsp chia seeds
2 tbsp sugar replacement



1. Combine the ingredients in a saucepan and simmer for about 15 minutes while stirring.
2. Pour into a glass jar and let cool. Can be kept for a few weeks if stored tightly sealed in the fridge.

TIP! Always start by adding vegetables with the vegetable measure on the plate when serving. Then use the rest of the space that is left on the plate to add a decent portion of, for e.g., lasagne.



Example of a plate of lasagne

